



# 2012 STINGRAYS HASTINGS LAKE YMCA OF METRO CHICAGO



The Hastings Lake YMCA Swim Team program is founded on the belief that age group competitive swimming offers an exciting and worthwhile experience in a young person's life. It can be learned and enjoyed by those with little ability and by those who are of Olympic caliber, and its values go far beyond that of learning proficiency in the water.

The Hastings Lake YMCA Swim Team embraces the core values of the YMCA: caring, honesty, respect and responsibility. Furthermore, the team aims to provide opportunities for social and emotional development, a solid physical and recreational outlet, and an atmosphere of good sportsmanship, team cooperation, and fun for all.

## **SUMMER SWIM TEAM**

June 11, 2012 - August 10, 2012

**Please register for your current level unless approved to move up by the Head Coach.**

For all children of all swim levels from 5-21 years of age. We have experienced and caring coaches with a variety of swimming backgrounds. We will compete in meets against other YMCA's in the Chicagoland area.

All participants must be Hastings Lake YMCA members.

-Registration for Swim Team members begins on Sunday, May 20th, 2012.

-Registration for new members begins on Monday, May 21st, 2012.

Space is limited so please register early.

### **New Swimmers**

Please register for an evaluation if you are a new swimmer. Please call Anna Graham, Program Director, at 847-410-5319 or email her at [ggraham@ymcachicago.org](mailto:ggraham@ymcachicago.org)

Coaches have the final decision on swimmers placement.

Please note there will be an activity fee in addition to the team fee. This will provide funding for team bonding activities like an ice cream social or bonfire. The fee is \$15.00 for each swimmer in a family.

### **Little Stingers**

This group is for all beginners who may not be quite ready to compete, but want to be part of a swim team. These swimmers practice twice a week and participate in home meets. These swimmers must be able to swim 25 yards of front crawl and backstroke.

\*Must be able to swim one length of the pool unassisted\*  
Tuesday/Thursday.....4:15-5:00pm  
COST:\$150.00

### **Red Team**

This group is primarily for novice to intermediate swimmers with little to no swim team experience. Swimmers must be able to swim 25-50 yards of the front crawl, backstroke, breaststroke, and basic butterfly with open turns.

Tuesday/Thursday.....5:00-6:30pm  
Friday.....4:00-5:00pm  
COST:\$200.00

### **Green Team**

This group is for intermediate to advanced swimmers. Members of this group must be proficient in all four strokes with flip turns, able to swim 50-100 yards, and are able to compete in all meets.

Monday/Wednesday/Friday.....5:00-6:30pm  
COST:\$225.00

### **Blue Team**

This group is for advanced swimmers. Swimmers in this group must have previous competitive swimming experience, and able to swim a minimum of 100 yds. in each stroke with flip turns and compete in all meets. This group will also participate in the ActivTrax Program 3x/week for fitness conditioning.

Mon/Tue/Wed/Thu.....6:30-8:30pm  
COST:\$250.00